

THE TED* LETTER™



By David Emerald

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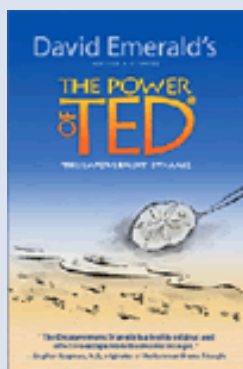
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TED* and Neurobiology

"So many people meet their life experience from the Victim Orientation-just as you've begun to notice for yourself. I have a different orientation. It's a simple way of being, though it's not always easy."

From Chapter 1 "A Fateful Meeting" ([The Power of TED*](#))

[TED* \(*The Empowerment Dynamic\)](#) is simple, but not always easy. This statement appears several times in [The Power of TED*](#). It is also a reality that readers, workshop participants, and practitioners report repeatedly from their own experience.

There is a scientific explanation for this: the [Dreaded Drama Triangle \(DDT\)](#), and the [Victim Orientation](#) in which it thrives, is deeply wired in the neurobiology of our brains. Our life experience and the years of living and interacting in reactive and toxic relationships take their toll by creating patterns in brain chemistry and neuropathways.

(Since I am nowhere near an expert in such matters, this issue of "The TED* Letter" will rely on a number of quotes and references from a few who are!)

[Sharon Stanley](#), Ph.D. explained in an exclusive TED* video ("[How Victimhood Affects the Brain](#)") that "the thoughts that we hold are actually replicated in our body and in our body's chemistry and in our body's neurochemistry."

"Nerve cells that fire together, wire together," is how Dr. [Joe Dispenza](#) put it in the popular movie, "What the "Bleep" Do We Know?." (To see an excerpt from the movie posted on YouTube, click [here](#). For those not attracted to the "new age" parts of the clip, I suggest paying close attention to the scientific explanations.)

The good news is that we can rewire and upgrade this biological "circuitry."

Dr. Stanley - a major advocate of TED* - advises that "it is essential, when working with... TED*, to recognize that we can shift a belief, but we have to be able to shift the biological substrate that is holding the belief in place... TED* is helping people to become aware that it's complex - these concepts of victimization."

In speaking about the shift to a Creator Orientation and the roles of Creator, Challenger and Coach that make up TED*, she offers this encouraging insight:

"(This) is a major shift - a major transformation. It's the transformation of the implicit memory system that is in the right hemisphere of the brain that's holding the old

Available wholesale for book sellers through [New Leaf Distributing](#).

What People are Saying about TED*:

The following are statements that have been shared on Facebook:

“ I became acquainted with The Power of TED* during a series of online courses leading to a certificate in leadership/management from the University of Notre Dame. TED* has become an integral part of my life. As a manager of a large automotive service department we tap into power of TED* every day, both in our relationships with each other and with our customers.

At home, The Empowerment Dynamic has brought much harmony and balance. We also used the book as a center piece for a Mission Trip this summer with 62 high school students in our youth group. It was amazing to hear the teens sharing their discovery with the congregation upon their return. The Power of TED* has been truly life changing. I am grateful beyond words. ”
J.H.

“ Our almost 4-year old granddaughter... loves TED*. She discovered it on the counter a few weeks ago and now it's her favorite bedtime book when she spends the night at our house. We look through the book until she finds one of the sketches and then she begins to tell the story of who is sitting on those benches and what they are doing/saying and who created the footprints and walking stick (almost always family members). She gets most excited when we get to the triangle pages because she knows the letters and then makes up special words to go with them. What a delight! ”
C.W.S.

memory that 'I am a Victim' and the transformation of this memory into the possibility of a new future.

Not a future based on the past and the old memory, but a future based on the possibilities of who I really can be when I do have my sense of power; when I do have my sense of agency; when I do have a sense of who I am in the world..."

Reinforcing her perspective, Bruce S. McEwen, head of the neuroendocrinology laboratory Rockefeller University, observed in a recent [New York Times article](#), "The brain is a very resilient and plastic organ... Dendrites and synapses retract and reform, and reversible remodeling can occur throughout a lifetime."

There is great hope in our capacity as a Creator to be at choice and to begin the process of rewiring. "Every time we interrupt the thought process that produces the chemical response in the body," Dr. Dispenza explains, "those nerve cells that are connected to each other start breaking the long term relationship."

That is what making the shift from the DDT to TED* is all about. It takes time and repeated practice in order to make TED* and the Creator Orientation a sustainable way of thinking, being and taking action.

Putting TED* into Practice

We turn, once again, to Sharon Stanley, Ph.D, who graciously offers her guidance for this month's practice in this exclusive video ("[Begin the Healing](#)").



Her advice is to:

1. Write down what you are noticing in your thoughts, mind and body as you reading The *Power of TED**;
2. Oscillate between mind/thoughts and body sensations as they come into your awareness, which will help you;
3. Process old memories and come into your clarity and freedom to be who you are and your potential.

I know this approach can be effective because I have had the privilege of working with Sharon. Identifying deeply wired reactive patterns and thoughts; becoming aware in my mind and body of when they are triggered; and learning to choose responses that are more resourceful and empowering have been part of my own journey toward making TED* a more sustainable way of thinking, being and taking action. (A deep acknowledgement of gratitude to Dr. Stanley for her time and expertise - and love of TED*!)

“Thanks for such an insightful book. I became engrossed in the Power of Ted in just a few short pages and couldn't put it down. It was a learning and liberating experience for me. It revealed the patterns of behavior we live with without our conscious acceptance. We become victims of the DDT and trapped in the triangle. It helped me to recognize that I was in the triangle and then showed how to make the changes needed to exit the triangle. I hope this valuable book will touch millions of people and help them to be

Empowered.”

J.A.

“Since I've been aware of TED, it's been fundamental in my journey away from victimhood and towards empowerment. Some of my baby steps forward seem like I'm doing the moonwalk instead, especially during these recessionary times, but I look back and find I've come a long way when I travel the path I create. Gotta go [subscribe to your](#)

[blog](#).”

J.R.

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TED* Sightings

This section features links to people and places where TED* is showing up on the internet and in the world.

- TED* Seminar coming to Halifax, Nova Scotia on October 30th! Come experience the one-day "Create Outcomes in Your Work & Life with The Power of TED*", presented by David Emerald and sponsored by Facilitation Plus. For more information, click [here](#). Questions? Contact Kelcy Benedict: kbenedict@facilitationplus.ca or (902-489-3280)
- Updated Website - New Content and Videos! New content and information has been added to our website (www.powerofTED.com). Check out the new "[TED* Tools](#)" and "[Video Vault](#)." And keep coming back to the site, as new content will continue to grow!
- The Facebook Community Continue to Grow - Come join us on the [Power of TED* Fan Page on Facebook](#)! The purpose of the Facebook page is to build an on-line community of those committed to putting TED* into practice. Join a discussion. Start a discussion. Share your thoughts and questions. Keep up on the latest news and developments about the spread of TED*.
- Weekly Blog Postings - The "[TED* Thoughts™ Blog](#)" is another channel for a growing "collaborative learning community" in which subscribers share their insights and what they are learning through their practice; a place to ask questions of how others are applying TED* in their lives; and a place where we nurture one another in the lifelong process of growth and development. New thought-starters will be added several times each week.
- New Business Blog - ChannelWeb is a website for Information Technology (IT) professionals and leaders. "[TED* Powers the Channel](#)" is a new blog bring TED* to the IT community and is perfectly appropriate for anyone interested in applying TED* in the workplace.

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To the Creator in you!

David Emerald

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